

# Everyone **WINS** with an Expanding Breakfast Program!

An Expanding Breakfast program is an effective way to meet the nutritional and health needs of your students, help create a Healthy School Environment and benefit your food-service program. In the vast majority of cases where teachers, principals, students or parents were resistant, results show once Expanding Breakfast is in place the negatives quickly turn into positives! Alternate serving options include:

**Breakfast in the Classroom** – The most successful, popular choice

**Grab 'n' Go Breakfast** – Meal carts set up in strategic locations

**Breakfast After 1st Period** – A healthy break after the day starts

Evaluate these options and pick the one you feel works best in your situation: Breakfast in the Classroom yields the highest participation levels, up to 98% of enrollment; Grab 'n' Go and Breakfast After 1st Period typically generate participation levels of 15% to 40%.



One of the most successful ways to introduce Expanding Breakfast is to conduct a pilot test and generate the first-hand proof you need to grow your program. Or, while Breakfast in the Classroom could be your ultimate goal, you might start with another option, prove its success and then move into the classroom after gaining the evidence and support.

## **A Real Bonus for You and Your School**

- Increases participation, feeding more children a healthy breakfast
- Contributes to the overall revenue of a successful child nutrition program
- Preparation and clean-up are simple, minimal labor involved

## **Benefits Teachers, Principals, Students and Parents**

- Improves the health, nutrition and well being of students
- Improves classroom performance and yields better test scores and grades\*
- Increases children's ability to focus and concentrate on school work\*
- Decreases disciplinary problems, tardiness and visits to the nurse\*
- Increases attendance rates\*
- Parents don't need to worry about their children eating right to start the day



## **Isn't it Time to Try an Expanding Breakfast Program at Your School?**

\*Based on Maryland Meals for Achievement Year III Final Rept. 10/01 and Minnesota Dept. of Children, Families & Learning Studies. For the studies go to [www.nutritionexploration.org](http://www.nutritionexploration.org) and click on the School Foodservice Section.



